

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC2214

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC2214: SPORTS SPECIALITY MODULE (TENNIS)

AUGUST 2009

3 HOURS (100 MARKS)

INSTRUCTIONS

Answer **four** questions only. Each question carries 25 marks. Where a question contains subdivisions, the mark value for each subdivision is given in brackets. Illustrate your answer where appropriate with large, clearly labeled diagrams.

1. Outline the guidelines for demonstrating strokes and progressions. (25 marks)
2.
 - a) Explain the two factors to consider so as to improve the game of tennis. (5 marks)
 - b) Describe the progressions that might be used for the groundstroke, service and volley. (20 marks)
3. Explain the different types of:-
 - i) Drills (15 marks)
 - ii) Formations in tennis (10 marks)
4. Identify and describe the elements of a service stroke. (25 marks)
5. Outline the technical diagnosis checklist used when teaching tennis. (25 marks)
6. For the checklist outlined in Question five, outline the correction techniques. (25 marks)

END OF EXAMINATION